

心得

查理大學 (Univerzita Karlova) 創立於 1348 年，由神聖羅馬帝國皇帝查理四世建立，是中歐最古老的大學，也是全球歷史最悠久的高等教育機構之一。學校校區並非集中在單一地點，而是散佈在布拉格迷人的老城區與市中心，建築本身就是歷史的見證。查理大學在人文、社會科學、醫學及自然科學領域享有國際盛名，學術氛圍既傳統又嚴謹。

國外研修之課程學習 (課內)

查理大學社會學院 (Faculty of Social Sciences) 在選課上設有明確規範，嚴格要求交換生須以修習本系課程為主，能選修外系或非本專業課程的額度相當有限。由於我在交換期間發覺自己的職涯志向逐漸轉往運動產業發展，希望能多接觸相關領域，但受限於學院規定，導致在選課上較難彈性調整。因此特別建議在選擇學校時務必事先確認該校的選課法規及外系修課額度，以確保學校的課程體制能符合您個人的學習規劃與興趣探索。

因為每名交換生可以選修一堂體育課，而這堂「Discovering the joy of hiking」是我在交換期間受益最多、也最感驚艷的一門課。當初在選課階段，我正處於對原本主修科系感到迷惘，卻對運動領域萌生濃厚興趣的轉折點，因此決定修習這門課，沒想到它帶給我巨大的文化衝擊與啟發。我認為最使我印象深刻的是體能與心態的差異，這堂課的課程強度相當高，往往是連續四小時、長達八公里的徒步且中途不休息 (最常會到八小時，16 公里)。我觀察到捷克學生體力極佳，對此習以為常且樂在其中；反觀亞洲學生常顯得疲憊不堪。這種對體能活動的熱愛與從容，展現了當地年輕人與我們截然不同的生活體質。除此之外，在教學理念的文化衝擊 (Culture Shock) 這堂課讓我看見了東西方教育觀念的巨大落差。在亞洲，老師往往將教學視為一份「職責」，有義務要照顧好每位學生；但這裡的老師完全是出於對健走的熱愛而開課。他教學風格不拘小節，甚至採取「放任」態度，即使學生走散了，他也認為大家都是成年人，能自己照顧自己 (或自己搭車回家)，這種信任與獨立精神讓我非常佩服。而讓我感到最酷的是下課後老師甚至會帶大家一起去喝啤酒，一杯接一杯地聊著天，甚至熱情地向我們介紹啤酒文化。這種師生像朋友般相處的場景，讓我大開眼界。透過這堂課，我走進了平常不會去的郊區，看見了鹿與馬，也欣賞了絕美的風景；更在路途中與各國同學談天說地。這堂課不只練了體力，更打開了我的眼界，真的非常推薦！

在生活方面所學習到的部分，首先是廚藝的突飛猛進。面對歐洲昂貴的物價，以及口味偏重、選擇較單一的外食環境，我深刻體會到「自己煮」是兼顧荷包與健康的唯一解方。我開始鑽研當地食材，特別是種類繁多且便宜的起司，我不僅學習如何烹飪它們，更深入了解其營養價值，讓我在異鄉也能維持健康的飲食習慣。其次是磨練出強大的獨立性。歐洲的生活節奏較慢，遇到緊急狀況時，往往無法像在台灣一樣獲得即時的處理。這種「必須靠自己」的急迫感，起初讓我感到焦慮，但卻也成為成長的養分。我學會了在危機面前保持冷靜，並獨立尋找解決方案，這份抗壓性是我此行珍貴的收穫。最後則是縝密的規劃能力。歐洲境內的廉價航空發達，跨國移動就像搭高鐵一樣方便。為了在有限的時間內探索更多國家，我必須精準地安排每一趟旅程。因為任何一個交通環節的失誤，都可能導致整趟行程大亂，這訓練了我在規劃時的邏輯思考與細心程度。

我問為此次交換計畫對我而言，不僅是學術上的歷練，更是人生價值觀與未來方向的重要轉折點。

具體效益可歸納為以下四點：

1. 釐清生涯規劃與自我定位 (試金石) 過去我一直將「出國攻讀研究所」視為人生夢想，並對海外生活抱有無限憧憬。然而，經過這半年實際的在地生活，我得以將「旅遊」與「定居」區分開來。我深刻體認到，自己雖然享受探索世界的樂趣，但情感上更依賴台灣緊密的親友支持系統。這段經歷讓我明白，台灣的生活環境與人際連結才是我動力的根源。這並非放棄夢想，而是讓我更誠實地面對自己的需求，將未來的發展重心調整回台灣，這是若非親身走過一遭，無法獲得的珍貴體悟。
2. 開拓國際視野，激發探索世界的動力 這半年的生活讓我驚覺世界之大、景色之美遠超乎想像。親眼目睹冰川、雪山等在台灣難以見到的壯麗地景，以及體驗截然不同的異國風俗，帶給我極大的視覺與心靈震撼。這些衝擊讓我對世界保持謙卑與好奇，也成為我未來持續努力的動力——我希望擁有足夠的能力，去探索這個廣大世界中更多未知的角落。
3. 突破語言心魔，建立溝通自信 在語言學習上，最大的收穫不在於詞彙量的多寡，而在於「開口說的勇氣」。我觀察到許多歐洲學生的英文或許帶有濃厚口音，文法也不盡完美，但他們從不因此感到抱歉或羞怯，而是自信大方地表達。這改變了我過去「怕講錯」的心態，我體認到語言的核心是「溝通」，只要敢開口，就能建立連結。這種心態的轉變，讓我的英語口說

能力在實戰中有了顯著的進步。

4. 培養獨立解決問題的能力與開放心態 在異鄉生活，面對無人櫃檯、繁瑣行政流程或突發狀況，我學會了在無援手的情況下獨立摸索解決方案。更重要的是「心態的開放」。記得有堂課，老師要大家分享「這輩子最害怕的事」，當時我們對於要在全班面前揭露脆弱感到非常焦慮。沒想到講完後，國外同學給予了極大的鼓勵與溫暖。這讓我學到：沒有人會帶著批判的眼光審視你，大家其實都渴望交流。這份體悟讓我放下了亞洲學生常見的社交包袱，學會用更開放、友善的心態去接納他人與被他人接納。

在海外生活，遇到的挑戰往往比想像中多。在捷克，如果你是一位觀光客，在觀光去、在布拉格市區講英文完全沒問題；但如果你是學生，需要處理學校行政或宿舍事務時，不會說捷克語就會面臨許多問題，捷克整體的英文普及率還是沒有我們想像的高。我曾遇過兩次印象深刻的困境。一次是宿舍水龍頭壞掉狂流不止，但舍監完全聽不懂英文，雙方雞同鴨講，甚至跟我說 Don't speak English.真的讓我超級錯愕；另一次則是手機遺失需要報警，卻發現當地的報案程序複雜，且難以找到能用英語溝通的窗口。這兩次經驗後來都是靠著攔截路過的捷克同學，或是請當地朋友幫忙翻譯，才順利化解危機。

但我遇到的是其實都算是小事了，看著身邊朋友經歷護照被偷、或居留證遲遲下不來的焦慮，我深知外國人在面對當地行政體系時的無助感是常態。歐洲的辦事效率與語言門檻，有時真的會讓人找不到解方。因此，我認為這段經歷帶給我最大的成長，是磨練出一種「既來之，則安之」的開闊心態——面對無法改變的客觀環境（如效率、語言），唯有保持冷靜與彈性，才能在困境中找到出路。除此之外，初到布拉格時，常覺得服務業或路人表情嚴肅，甚至有些冷漠。但我後來發現，這只是當地的文化習慣，他們傾向於保持禮貌的社交距離。當你主動用捷克語說聲 "Dobrý den"（你好）時，他們往往會露出溫暖的笑容。我學會了不要用自己的文化標準去評判他人的反應，而是去理解背後的社會習俗。

這半年的交換生活，對我而言不僅是一次地理上的移動，更是一場心理上的壯遊。若要總結這段經歷帶給我的改變，我認為是從一個「對於未知感到焦慮」的學生，轉變為一位「能與不確定性共處」的獨立個體。

1. 對「完美」的釋懷，擁抱真實的連結 過去的我，或許容易因為語言不完美或害怕犯錯而卻步。但在捷克的課堂與社交場合中，我看見了來自世界各地的同學即便操著濃厚口音，仍自信地表達觀點；看見了老師坦然接受教學中的小插曲。這些經歷治癒了我的「社交完美主義」。現在的我，更願意展現真實的自己，明白溝通的本質在於連結與真誠，而非語法的精確無誤。

2. 心理韌性（Resilience）的顯著提升 在異鄉面對語言不通的舍監、繁瑣的行政程序，甚至是突發的物品遺失，這些「孤立無援」的時刻曾讓我倍感挫折。然而，正是這些經歷迫使我必須冷靜下來，運用有限的資源尋找解方。我發現自己比想像中更堅強，面對混亂時不再只是驚慌，而是能迅速切換到「解決問題」的模式。這種心理韌性，是我帶回台灣最珍貴的隱形資產。

3. 自我認知的重塑：從「夢想」到「驗證」 這趟旅程最大的收穫，在於將我心中對國外的「嚮往」轉化為真實的「驗證」。出發前，我總覺得自己非得在國外生活不可，若沒有親身走過這一遭，我恐怕終其一生都會對海外生活抱有不切實際的濾鏡，永遠無法分辨自己究竟是喜歡「旅遊」的新鮮感，還是真正適應異地的「生活」形態。

雖然經過這半年，我誠實地發現自己其實更適合留在台灣，這聽起來或許有些矛盾——我不那麼適應海外的「定居」，但我依然深愛這半年的「經歷」。因為這讓我看見了世界的壯麗與遼闊，更重要的是，它讓我用「刪去法」排除了心中的懸念。若沒有出來，我永遠不知道自己不合適；而現在，我可以心無掛礙地將未來的座標定錨在台灣。因此，我真心推薦學弟妹把握機會走出去，因為唯有親身試過，你才能在「嚮往」與「合適」之間，找到真正屬於你的答案。

Charles University (Univerzita Karlova)

Founded in 1348 by Holy Roman Emperor Charles IV, Charles University is the oldest university in Central Europe and one of the oldest higher education institutions in the world. The campus is not concentrated in a single location but is scattered throughout Prague's charming Old Town and city center, where the buildings themselves stand as witnesses to history. Charles University enjoys an international reputation in the fields of

humanities, social sciences, medicine, and natural sciences, boasting an academic atmosphere that is both traditional and rigorous.

I. Academic Learning (Coursework)

Course Selection Regulations

The Faculty of Social Sciences at Charles University has clear regulations regarding course selection, strictly requiring exchange students to prioritize courses within their host department. The quota for electives from other faculties or non-major courses is quite limited. During my exchange, I discovered that my career aspirations were gradually shifting towards the sports industry, and I hoped to explore related fields. However, due to the faculty's regulations, I found it difficult to adjust my course load flexibly. Therefore, I strongly advise prospective students to check the university's course regulations and quotas for non-departmental courses in advance when choosing a school, to ensure the curriculum aligns with your personal learning plans and interest exploration.

Recommended Course: Discovering the Joy of Hiking

Every exchange student is allowed to take one physical education class, and "Discovering the Joy of Hiking" was the course that benefited me the most and surprised me the most during my exchange. At the time of selection, I was feeling lost regarding my original major but had developed a strong interest in the sports field, so I decided to take this class. Unexpectedly, it brought me immense culture shock and inspiration.

What impressed me most was the difference in physical stamina and mindset. The course intensity was quite high, often involving continuous four-hour hikes covering eight kilometers without rest (sometimes extending to eight hours and 16 kilometers). I observed that Czech students had excellent physical stamina, viewing this as normal and thoroughly enjoying it; in contrast, Asian students often appeared exhausted. This passion for and ease with physical activity demonstrated a "physical constitution" of life among local youth that is distinct from ours.

Furthermore, there was a culture shock regarding teaching philosophy. In Asia, teachers often view teaching as a "duty" with an obligation to look after every student. However, the teacher here started the course purely out of his passion for hiking. His teaching style was informal, even adopting a "laissez-faire" attitude. Even if students got separated, he believed that everyone was an adult capable of taking care of themselves (or finding their own way home). I greatly admired this spirit of trust and independence.

The coolest part was that after class, the teacher would take everyone for a beer. We would chat over glass after glass, with him enthusiastically introducing us to beer culture. This scene of a teacher and students interacting like friends was an eye-opener for me. Through this class, I visited suburbs I wouldn't usually go to, saw deer and horses, and admired breathtaking scenery, all while chatting with students from various countries along the way. This class not only trained my physical strength but also broadened my horizons. I highly recommend it!

II. Life Learning (Outside Class)

1. Significant Improvement in Culinary Skills

Faced with high prices in Europe, as well as an eating-out environment with heavy seasoning and limited variety, I deeply realized that "cooking for myself" was the only solution to balance my budget and health. I began to study local ingredients, especially the affordable and diverse cheeses. I not only learned how to cook them but also researched their nutritional value, allowing me to maintain healthy eating habits even while abroad.

2. Honing Strong Independence

The pace of life in Europe is slower, and when emergencies arise, it is often impossible to get the immediate assistance we are used to in Taiwan. This urgency of "having to rely on myself" initially caused anxiety but

eventually became nourishment for growth. I learned to stay calm in the face of crises and find solutions independently. This stress resistance is a precious harvest from this trip.

3. Meticulous Planning Abilities

Budget airlines in Europe are well-developed, making cross-border travel as convenient as taking the High Speed Rail. To explore more countries within a limited time, I had to arrange every trip with precision. Since a mistake in any transportation link could cause the entire itinerary to fall apart, this trained my logical thinking and attention to detail in planning.

III. Specific Benefits of the Exchange

I believe this exchange program was not only academic training but also a pivotal turning point for my personal values and future direction. The specific benefits can be summarized in four points:

1. Clarifying Career Planning and Self-Positioning (The Touchstone)

In the past, I viewed "studying abroad for a master's degree" as a life dream and held infinite longing for life overseas. However, through six months of actual living here, I was able to distinguish between "traveling" and "settling." I deeply realized that while I enjoy the pleasure of exploring the world, emotionally I rely more on the close support system of family and friends in Taiwan. This experience made me understand that Taiwan's living environment and interpersonal connections are the source of my motivation. This is not giving up on a dream, but rather honestly facing my own needs and adjusting my future development focus back to Taiwan. This is a precious realization I could not have gained without walking this path myself.

2. Broadening International Horizons & Igniting the Drive to Explore

Life over these six months made me realize that the world is far bigger and more beautiful than I imagined. Witnessing magnificent landscapes like glaciers and snow-capped mountains—sights rarely seen in Taiwan—and experiencing distinct foreign customs brought me immense visual and spiritual shock. These impacts kept me humble and curious about the world, becoming the driving force for my continued efforts: I hope to possess enough capability to explore more unknown corners of this vast world in the future.

3. Breaking Through Language Barriers & Building Confidence

In language learning, the greatest gain was not the size of my vocabulary, but the "courage to speak." I observed that while many European students might have thick accents or imperfect grammar, they never felt apologetic or shy; instead, they expressed themselves confidently. This changed my past mindset of "fearing mistakes." I realized that the core of language is "communication"—as long as you dare to speak, you can build connections. This shift in mindset led to significant progress in my English speaking ability in real-world situations.

4. Cultivating Independent Problem-Solving Skills and an Open Mindset

Living in a foreign land, facing unmanned counters, cumbersome administrative processes, or unexpected situations, I learned to grope for solutions independently without a helping hand. More importantly, I learned "openness of mind." I remember a class where the teacher asked us to share "the thing you fear most in your life." At the time, we felt very anxious about exposing our vulnerabilities in front of the whole class. Unexpectedly, after sharing, our foreign classmates gave us immense encouragement and warmth. This taught me that no one is scrutinizing you with a critical eye; everyone actually yearns for connection. This realization allowed me to put down the social baggage common among Asian students and learn to accept others—and be accepted—with a more open and friendly attitude.

IV. Difficulties Encountered and Solutions

Challenges encountered during life abroad were often more numerous than imagined. In the Czech Republic, there is a stark difference between being a tourist and a resident. If you are a tourist in Prague's city center,

English is fine. But if you are a student dealing with school administration or dormitory affairs, not speaking Czech creates many problems, as English proficiency is not as high as we imagine.

I encountered two memorable predicaments. One was when the dormitory faucet broke and wouldn't stop running, but the warden couldn't understand English at all, and even told me, "Don't speak English," leaving me stunned. The other was when I lost my phone and needed to report it to the police, only to find the local procedure complex and difficult to find a window for English communication. Both crises were eventually resolved by intercepting passing Czech students or asking local friends to help translate.

However, what I encountered were relatively minor issues. Seeing friends experience anxiety over stolen passports or delayed residence permits, I know that the sense of helplessness foreigners feel when facing the local administrative system is common. European administrative efficiency and language barriers can sometimes leave you feeling like there is no solution. Therefore, I believe the greatest growth from this experience was honing a mindset of "taking things as they come." Faced with objective environments that cannot be changed (such as efficiency or language), only by maintaining calm and flexibility can one find a way out of difficulties. Additionally, when I first arrived in Prague, I often felt that service workers or passersby looked serious, even cold. But I later discovered this is just a local cultural habit; they tend to maintain a polite social distance. When you proactively say "*Dobrý den*" (Hello) in Czech, they often reveal a warm smile. I learned not to judge others' reactions by my own cultural standards, but to understand the social customs behind them.

V. Personal Transformation and Conclusion

These six months of exchange life were not just a geographical move for me, but a psychological "Grand Tour." If I were to summarize the changes this experience brought me, it would be the transformation from a student "anxious about the unknown" to an independent individual "capable of coexisting with uncertainty."

1. Releasing "Perfection" and Embracing Real Connections

In the past, I might have held back due to imperfect language or fear of making mistakes. But in classrooms and social settings in the Czech Republic, I saw students from all over the world expressing their views confidently despite thick accents, and teachers accepting minor hiccups in teaching. These experiences healed my "social perfectionism." Now, I am more willing to show my true self, understanding that the essence of communication lies in connection and sincerity, not grammatical precision.

2. Significant Improvement in Psychological Resilience

Facing language barriers with the warden, tedious administrative procedures, or even the sudden loss of items in a foreign land, these moments of being "isolated and helpless" frustrated me. However, it was these experiences that forced me to calm down and use limited resources to find solutions. I discovered I was stronger than I imagined; facing chaos, I no longer just panicked but could quickly switch to "problem-solving mode." This resilience is the most precious invisible asset I brought back to Taiwan.

3. Reshaping Self-Cognition: From "Dream" to "Validation"

The greatest harvest of this journey lies in transforming my "longing" for life abroad into real "validation." Before leaving, I felt I *had* to live abroad; if I hadn't walked this path, I would likely have held an unrealistic filter about overseas life forever, never able to distinguish whether I liked the novelty of "travel" or truly adapted to the form of "life" there.

Although I honestly discovered after these six months that I am better suited to staying in Taiwan, this might sound contradictory—I may not be adapted to "settling" abroad, but I still deeply love the "experience" of these six months. It showed me the magnificence of the world, and more importantly, it allowed me to use the "method of elimination" to remove the suspension in my heart. If I hadn't come out, I would never have known I

wasn't suitable; and now, I can anchor my future coordinates in Taiwan without regrets. Therefore, I sincerely recommend that younger students seize the opportunity to go out, because only by trying it yourself can you find the answer that truly belongs to you between "longing" and "suitability."